

Do you agree or disagree with the following statement?

In today's world, it is more important to work quickly and risk making mistakes than to work slowly and make sure that everything is correct.

In the modern world, because of the close competition ~~between~~among companies, the communities are looking for the factors playing the most vital role in moving the group forward. One of the contentions in this area is whether to work calmly, or perform as quickly as possible and take risks. I, myself, incline toward the former and in the following paragraphs, I will support my reasons.

First of all, the most important key in order to take over our rivals is to work precisely rather than in precipitation. When you work in a hurry, the quality of the task decreases **at the expense of** its quantity and which one guarantees your success? Of course, in the long term, ~~the~~ accuracy ensures the development of the company. Numerous psychological studies ~~ac~~claim that when your reaction time in performing a high-demand cognitive task increases, the accuracy of your responses decreases and you sacrifice ~~the~~ exactness for quickness.

Secondly, swiftness and hurry elevate the cortisol levels, which is well-known as the stress hormone. The high levels of cortisol in the body is ~~conduce~~conducive to anxiety. Meanwhile, most of the cardiovascular diseases ensue from having the anxiety in the long run. As a result, to work fast not only negatively affects the quality, but also leads to physical and psychological problems, which indirectly influences ~~the~~ success.

Last but not least, when you work calmly, you allow your mind to analyze, compare and make decisions s more effectively. As a result, you can better overcome ~~to~~ the upcoming obstacles, cope with the difficulties and improve your problem-solving ability. Taking short breaks can replenish your energy. By contrast, however, the relentless work leads to more pressure and fatigue.

To sum up, I do believe that quickness is not the most important element in success even in this era, but rather a factor, which causes ~~the~~ exhaustion. On the other hand, when you give yourself time, you can refresh yourself and reach quality ~~high-qualified~~remarkable achievements.